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FACTORS RELATED TO KIDNEY STONE IN INDONESIA

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Objectives: The kidney is one of the body's organs that functions to regulate the secretion system and do blood filtering. In medical terms, kidney stone disease is called nephrolithiasis or renal calculi. Kidney stones are a condition where there are one or more stones in the pelvis or calyces of the kidney. Kidney stones are the formation of crystal structures in the urinary tract that have reached sufficient size to cause symptoms. The prevalence of kidney stone disease based on the results of the Basic Health Research is 0.6 percent in Indonesia. The purpose of this paper is to determine the risk factors for kidney stones in Indonesia.

Methods: The design of this paper is a review of some literatures from 2011 to 2019.

Results: The risk factors for kidney stones are family history, gender, well water hardness, consumption of the number and type of beverage consumption (high mineral water content, soft drink soda, non-soft soft drink, orange juice and coffee, consumption of high protein sources, consumption of high uric acid sources, consumption of high oxalate sources and high consumption of citric acid sources.

Conclusions: The need for Indonesian to do a healthy lifestyle by consuming a variety of foods according to the nutritional adequacy rate in each age group, multiply the consumption of water, avoid consumption of soft drinks, limit caffeine consumption and exercise regularly. Besides the need for improved nutritional counseling in patients with kidney stones in order to regulate the food and drinks consumed.

literature review of kidney stone in Indonesia

LITERATURE REVIEW

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NO	TITLE	RESULT
1	Risk factors for kidney stone disease	well water hardness (p value = 0.001, OR = 4.796), family history (p value = 0.01, OR = 5.346), consumption of protein sources (p value = 0.001, OR = 6.781), consumption of calcium phosphorus sources (value p = 0.010, OR = 3.423), consumption of uric acid sources (p value = 0.001, OR = 6.756), consumption of oxalate sources (p value = 0.009, OR = 3.660), and consumption of citric acid sources (p value = 0.001, OR = 27,429) associated with the incidence of kidney stone disease
2	The relationship of the amount of orange consumption to the incidence of kidney stones in Sanglah Hospital Denpasar	The male sex showed a tendency to occur bilateral kidney stones ($r = -0.258$; $p = 0.019$).
3	Relationship consumption of drinking water against the event of kidney stone (nephrolitiasis) in rsud dr. M yunus bengkulu	The factors most related to the incidence of kidney stones are the amount of drinking water consumption (OR = 7.56), the type of drinking water consumption that is water with high mineral content (OR = 4.89), softdrink soda (OR = 4.32), soft drink non soda (OR = 3.97), orange juice (OR = 0.23), coffee (OR = 0.11) and alcohol (OR = 0.08)
4	Basic health research	Prevalence is higher in men (0.8%) than in women (0.4%).